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Surviving cardiac arrest

People in neighbourhoods with high ethnic Chinese populations most likely to receive CPR

metroNEWS

Injection sites could arrive faster

HEALTH

Agencies won't have to wait to have applications sped up: Minister

Jen St. Denis
Metro | Vancouver

B.C.'s health minister believes health agencies won't necessarily have to wait for federal legislation to pass before having their existing new safe injection site applications sped up.

"Even under that existing regime I know the minister's officials at Health Canada have talked directly to Vancouver Coastal Health to try to expedite the two applications that they have at the moment," said Terry Lake at the opening of an emergency mobile medical unit in Vancouver's Downtown Eastside.

Legislation brought in by the previous Conservative government requires an onerous and lengthy consultation process that has made opening new sites very difficult. Currently only two legal safe injection sites, both in Vancouver, operate in Canada.

On Monday, Health Minister Jane Philpott introduced a bill to streamline the applications process, cutting down the number of requirements from 26 to five.

"You have to do up to 90 days of consultation, but in circumstances where you have to show there is acute need and you can convince the minister, you may not have to wait 90 days," Lake said. By early 2017, Lake he expects to see new supervised consumption sites in Victoria, Surrey, Kamloops and Kelowna.

Already this year, 622 people have died of drug overdoses in British Columbia as fentanyl, a powerful synthetic opioid added to drugs like heroin and cocaine has become ubiquitous. Health officials warned last week that the crisis is worsening, likely because of the appearance of carfentanil, a much more potent variation.

Last week, the province announced the creation of several overdose prevention sites in Victoria, Vancouver, Surrey and Prince George. Health officials say those sites are not safe injection sites, but are simply connecting drug users with first-aid providers.

Lake said Philpott has shown no objection to the overdose prevention sites.

The mobile medical unit (MMU) has been set up in a city-owned lot at 58 W. Hastings. It was last used in Whistler during the Olympics and is designed to function as a mobile emergency room.

Doctors from St. Paul's Hospital who specialize in addictions medicine will staff the MMU. The hope is to both treat overdoses and then connect patients with long-term addictions treatments, such as suboxone, while also using BC Ambulance resources more efficiently.

Dr. Keith Ahamad said he believes numbers reported by the BC Coroner likely under-report the number of deaths ultimately caused by overdoses, because many times people suffer irreparable brain damage and then succumb to a complication.

WITH FILES FROM THE CANADIAN PRESS

School district defends actions over immigration status metroNEWS

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metro NEWS

Your essential daily news

Ban Ki-moon alarmed over 'atrocities against a large number of civilians' in Aleppo. **World**

'No consistency'

In the wake of Metro's story of two Langley siblings booted from elementary school over their mom's immigration status, a school district defends its actions, and an investigation reveals that different schools approach enrolment differently.

David P. Ball
Metro | Vancouver

Nayeli Orozco Diaz, 30, home-schools her children Aleyan, centre, 5, and Yethali, 7, in her Langley home. They were thrown when the children were refused enrolment at a school because of Orozco Diaz's immigration status. DAVID P. BALL/METRO

> In Canada, education, health and housing are basic human rights for children and youth.
> Jorge Salazar, Fresh Voices

A Lower Mainland school district in the spotlight for ejecting two students from their first day of classes is defending its enrolment policy requiring parents prove their immigration status.

After Metro broke the story of the five- and seven-year-old Monday, their mother Nayeli Orozco Diaz has agreed to go on record to shine a light on a barrier affecting families like hers with precarious status here.

The 30-year-old Mexican national has taken care of horses at the Hastings Racecourse since 2007, her husband since 2006. But because they didn't get a police records check translated from Spanish, their paperwork was delayed — and B.C. advised her to return on a tourist visa in order to meet the deadline to enrol her children in school.

Instead, she was asked to pull the confused kids from their classrooms hours into their first day.

"I cannot comment on specific families or situations," Langley School District spokesman Ken Hoff wrote in an email Monday, "but I can assure you that if the proper documentation is provided based on our guidelines, we are able to register students.

"These guidelines are based on the provincial guidelines provided by the Ministry of Education for the registration of students."

Hoff cited the district's registration guidelines, which stipulate, "proof of Canadian Citizenship or Permanent Resident Status must be provided for both student and parent."

But the B.C. School Act only requires proof that students "ordinarily reside" within a school's catchment area — and does not require immigration status, according to the Ministry of Education.

"Eligibility for free public education is based on residence rather than citizenship or immigration status," wrote spokesman Craig Sorochan in an email Sunday.

"While boards may request documentation concerning immigration status, immigration status is relevant, but not determinative, of ordinary residence."

That's also the interpretation of another district, New Westminster, which is exploring how it can be welcoming of all resident children, regardless of Canadian citizenship

"The enrolment process works a little differently in every one of our 60 districts," explained vice-chairman Mark Gifford. "But the guarantee in the B.C. School Act is that any child ordinarily resident in a B.C. community is eligible for a public education."

According to the manager of Fresh Voices — a newcomer initiative of the province's Representative for Children and Youth and the Vancouver Foundation — the issue is one of utmost importance to a vulnerable population in B.C.

"These are some of the most marginalized youth, the ones with the most precarious status," argued Jorge Salazar.

"In Canada, education, health and housing are basic human rights for children and youth."

Salazar's organization, which includes a youth advisory committee made up of immigrant and refugee youth, has discussed the issue with the Ministry of Education and several school districts in the Lower Mainland. All except Richmond asked for parents' immigration status, not just the children's.

Abbotsford, meanwhile, invited anyone without documentation to contact staff directly, stating that "every individual has the right to an education but … there are a number of factors which may determine your child's placement within the District," adding that non-citizen residents "may be required to report to the School Board Office prior to registering" a child in local schools.

The ministry, Salazar said, has appeared "open to dialogue." But the problem is "there's no consistency really — you talk to one school district and you'll get a totally different idea from the next one. We need to talk to all of them and clarify things with Victoria."

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Where you live may help you survive a heart attack

HEALTH

Report shows where residents most likely to perform CPR

Wanyee Li
Metro | Vancouver

People usually do not survive cardiac arrest if it happens outside of a hospital but Vancouver-area residents who live in predominantly ethnic Chinese neighbourhoods have a better chance than most, according to a new UBC study.

The rate of survival for cardiac arrest outside of hospitals has improved dramatically in the past two decades — it is now 15 per cent — and much of it thanks to increased rates of bystander CPR, said lead author Dr. David Barbic.

His study found that bystanders in predominantly Chinese neighbourhoods were more likely to perform CPR.

In fact, the highest rates of public bystander CPR were observed in neighbourhoods where more than 60 per cent of residents self-reported as ethnically Chinese.

"The Chinese community may be more receptive to health education or there may be increased receptiveness to assisting in the Chinese community," said Barbic, Clinical Assistant Professor in the UBC Department of Emergency Medicine.

The study, published in the Canadian Journal of Emergency Medicine, was done using 2007 to 2011 Vancouver Coastal Health and Statistics Canada data for Metro Vancouver.

The finding may be a stepping stone in the effort to encourage more people in other communities to help someone in cardiac arrest, said co-author Jim Christenson, head of UBC's Department of Emergency Medicine.

"I think we have to dig into the reasons why certain communities do so well as far as bystander CPR," he said.

"Perhaps we can translate some of that information to other kinds of communities."

People can also improve their chances of survival by living close to a hospital or a densely populated area, said Barbic.

"You're more likely to encounter an off-service firefighter, paramedic, physician," he explained.

But all members of the public are capable of helping someone in cardiac arrest, said Christenson, who has worked on improving CPR education for years.

Currently, people who experience cardiac arrest outside of a hospital have, on average, a 40 per cent chance of receiving help by someone passing by, he said.

"I want to know why it is only 40 per cent. We don't even know what the limit is. Can we get it to 80 per cent?"

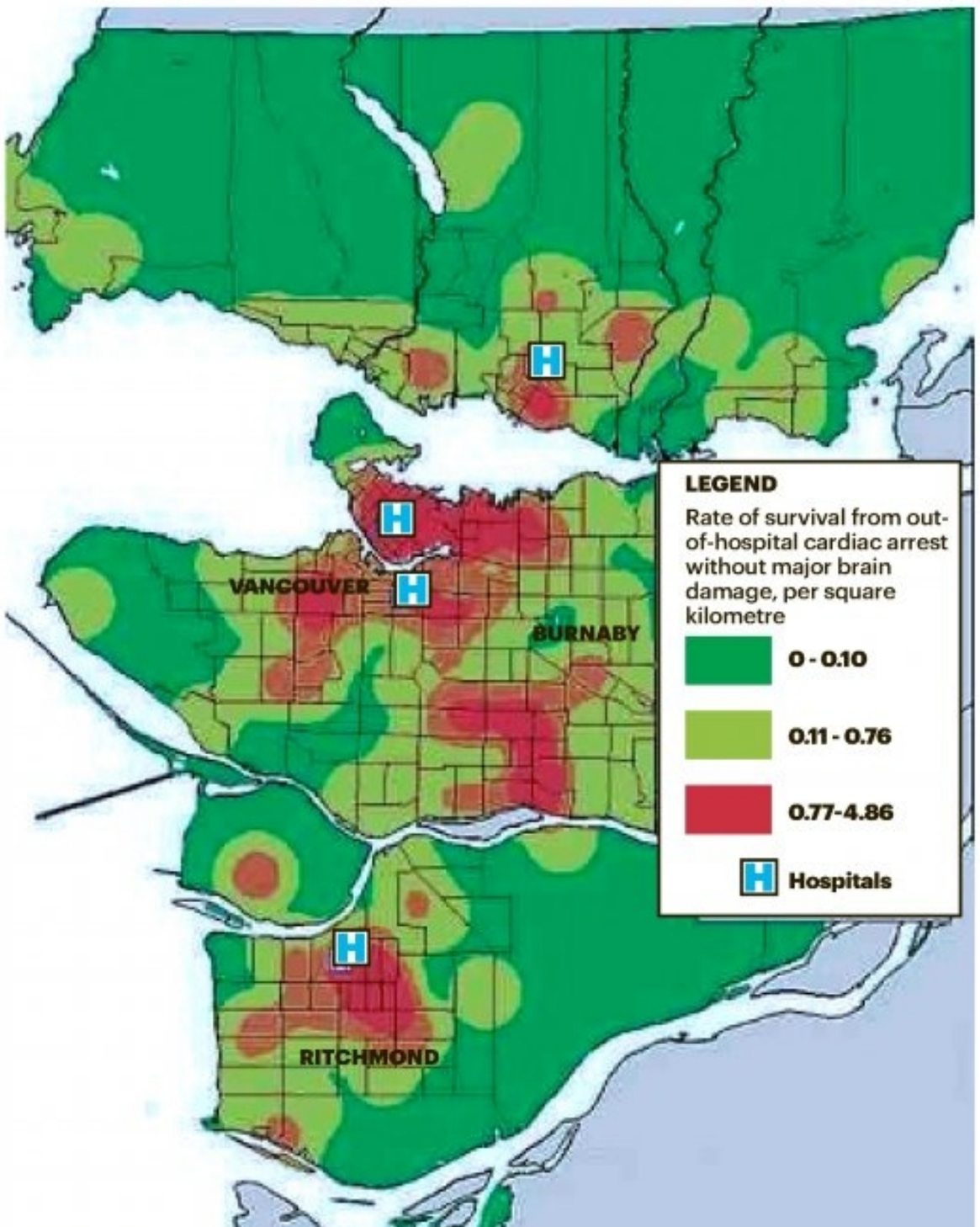
HOW TO HELP

If somone's in cardiac arrest:

- Call 911 to ensure ambulance arrives as quickly as possible
- Perform chest compressions, about 100/minute
- Mouth-to-mouth is usually not required
- Ask 911 dispatcher for help on how to perform CPR

SOURCE: JIM CHRISTENSON, UBC

MAPPED | CARDIAC ARREST SURVIVAL RATE



COURTESY UBC

TECHNOLOGY

B.C. holds first health hackathon

Fraser Health is hosting a health hackathon in order to find technology-driven solutions to health problems such as drug overdoses and mental health issues in the region.

The event is the first of its kind in B.C. and will take place Jan. 21 and 22, 2017 at Simon Fraser University's Surrey campus, in partnership with the City of Surrey and Innovation Boulevard.

"We're looking at innovation, health innovation in terms of what does it look like for solutions that are outside the box and whether it will improve quality of patient and population health within our region," said Dr. Victoria Lee, chief medical health officer at Fraser Health.

She hopes fresh eyes from those not in the health industry can bring new ideas to the authority.

The event's 80 participants can choose to work in one of nine categories, including take-home naloxone, overdose analytics, and specialist scheduling.

The health authority will give participants access to population and health data in order to help them build apps, analytic programs, and more. All personal information will be exempt, according to Lee, who is also one of the judges of the event.

"All of the data will have individual identifiers removed so no concerns around privacy and confidentiality of data."

Operational information on subjects such as access to immunization and surgeries will also be available, she said.

Fraser Health Authority is the fastest growing health authority in B.C. with 1.8 million residents, 25,000 staff and 2,600 physicians, according to its website.

Registration is open now at healthhackathon.ca.

WANYEE LI/METRO

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Big TransLink service change due

PUBLIC TRANSIT

22 bus routes across Lower Mainland will be affected

Stu Neatby
For Metro

TransLink will be changing a total of 22 bus routes throughout the Lower Mainland beginning on Dec. 19 following the opening of the Evergreen Line SkyTrain to Coquitlam.

Several routes operating between downtown Vancouver and Coquitlam and Burnaby Mountain will be discontinued, while other direct routes, often servicing the same regions, will be introduced. Commuters are encouraged to consult the TransLink website for updates of the route changes or to make use of their online trip planner.

"As far as the Tri-Cities is concerned, this is the second biggest service change we've made in our history," said Chris Bryan, senior media relations advisor for TransLink.

BIG ROUTE ALTERATIONS EXPECTED

- **The C21** along Beach avenue and C23 along Davie street routes will be combined into a new 23 route which will run through Yaletown and Davie village along beach avenue.
- **The 97 B**-line from Lougheed station to Coquitlam, and the 190 route from downtown to Coquitlam will be discontinued
- **A new 95 B-line** will replace the 135 from downtown to SFU. The number of stops along Hastings will be reduced.
- **The 160 route** will now begin at the Courteney bus loop on Hastings st instead of Burrard station, continuing through to Port Coquitlam station.
- **The 143 route** will switch to a loop between Burquitlam station and SFU, and will no longer run along Como Lake Ave.
- **A 151 route** from Burquitlam Station to Coquitlam Station will service Como Lake.

Consult TransLink's website for maps of new routes.

Perhaps most significant for downtown commuters, the West Coast Express Trainbus will be discontinued as of Dec. 30. The Trainbus is a bus service that runs between Waterfront Station and Mission City during non-peak times, also stopping in Coquitlam, Maple Ridge and Pitt Meadows. Commuters travelling from downtown to Mission or Maple Ridge will need to take the SkyTrain to the Coquitlam Central Station, then transfer to the 701 bus, whose route will be extended to Mission.

A search on TransLink's online trip-planner revealed that this route would add between five and 10 minutes to commute times for commuters during off-peak times.

The West Coast Express train will still operate regularly during peak times in the morning and late afternoon.

TransLink is preparing to make changes to 22 bus routes in the region, the second largest service change in the transportation authority's history. JENNIFER GAUTHIER/METRO FILE

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CLIMATE CHANGE

Advocates not impressed by premier's walkout threat

David P. Ball
Metro | Vancouver

British Columbia's environmental bloc continues to have strong but mixed feelings about Canada's first-ever national carbon framework, reached Friday in Ottawa.

Canada's premiers and territorial leaders managed to hammer out a deal by the end of Friday, despite two holdouts — Saskatchewan and Manitoba — who refused to sign on.

The Pan-Canadian Framework on Clean Growth and Climate Change "will apply across 100 per cent of this country," Prime Minister Justin Trudeau boasted, starting in two years at $10 a tonne of emissions, and ramping up in order to curb greenhouse gases to nearly one-third of 2005 levels by 2013.

But B.C.'s environmental movement was far from impressed that their province nearly joined the dissenting premiers' ranks, threatening to walk out at the last minute.

"Premier Christy Clark almost sunk the deal," lamented the Vancouver-based Wilderness Committee in a statement, "but says she received 'flexibility' in the agreement, with B.C. getting to decide if or when it will increase its carbon price.

> **You have to have one price for all Canadians if it's going to be a national price.**
> Premier Christy Clark

"This raises serious concerns that B.C. will continue to use laggard provinces as an excuse to delay climate action."

Although the non-profit organization said the framework was "a much-needed start" to cutting greenhouse gas emissions, it also argued it "completely misses the point … it fails to hold the provinces to account and defeats its purpose by ignoring rising emissions from the tar sands."

Chevron Refinery in Burnaby. The province's carbon tax has been frozen at $30 per tonne since 2013. THE CANADIAN PRESS

Clark defended her decision to use hardball tactics to push for more flexibility, citing concerns that the price plan was unfair to the province, which has already imposed a carbon tax since 2008 — while some provinces including manufacturing giant Ontario have preferred cap-and-trade tools over new taxes.

Clark said that's not fair to provinces like B.C. and Alberta with carbon taxes of $30.

"It's got to be a fair deal," she explained to reporters. "And you have to have one price for all Canadians if it's going to be a national price."

B.C.'s carbon tax has been frozen at $30 per tonne since 2013. As part of the new framework, it will need to rise in lockstep with Canada's national carbon pricing scheme, which would see carbon prices rise to $50 per tonne by 2022.

But despite failing to get all provinces on board, the framework "for the first time" saw the majority of governments work "together to hit a national climate target," argued Merran Smith, executive director of the Simon Fraser University-based think-tank Clean Energy Canada, in a statement. "That's real progress.

"It's unfortunate Saskatchewan decided not to sign onto this national effort, and that Manitoba opted out for now — but it's good news that the rest of Canada is moving ahead regardless."

WITH FILES FROM THE CANADIAN PRESS

Feds simplifying safe-injection sites

The federal Liberals are streamlining the process to allow communities to apply to set up supervised injection sites quicker, with less red tape and with less room for community objections.

Health Minister Jane Philpott introduced the bill that would clear out a long list of regulations and conditions for establishing sites that the previous Conservative government introduced.

Those conditions included a requirement to have the approval of a community's council and its police chief. In Ottawa, both Mayor Jim Watson and Ottawa police Chief Charles Bordeleau have indicated they don't support an injection site.

Philpott said the changes are necessary to deal with a public health crisis that is only growing.

"We need to take swift action on the opioid crisis to save lives. We need a renewed focus on harm reduction," she said.

RYAN TUMILTY/METRO

Rail crew saves cold cat

Jeremy Simes
Metro | Edmonton

A nearly frozen tabby cat and a "burly man with a beard," fell in love Sunday after two train drivers found the frozen feline under their engine deck in Wainwright, Alta.

Train engineer William Munsey and conductor Brad Slater were working a chilly Sunday morning when they had to drive the Q199 CN train from Wainwright to Edmonton. Temperatures were nearly –40 C.

Q the cat

The drivers had to inspect trains in the rail yard and Slater left to inspect the train's engines, but he found something out of the ordinary: He came across a grey tabby, frozen solid. Slater wrapped the cat in his shirt and, after an hour of howling meows, the grey tabby curled up in his lap and purred. The feline , since named "Q," then gladly ate some beef jerky.

Refugee system in the spotlight

CONFERENCE

Global experts to look at how settlement effort works

Kimberly Vandermeer leads refugee children in activities.
THE CANADIAN PRESS

Ryan Tumilty
Metro | Ottawa

Experts from around the world are heading to Ottawa this week to see what Canada gets right on resettling refugees.

The Global Refugee Sponsorship Initiative is hosting a three-day conference from Tuesday to Thursday aiming to showcase Canada's private refugee sponsorship program.

That program allows Canadians to sponsor a refugee family coming to Canada.

University of Ottawa professor Jennifer Bond is among the organizers of the event. She said Canada's system is unique in the world and has a lot to offer.

"There have been a few very small-scale pilots in a couple of jurisdictions, but really Canada is the only country that has a big robust program," she said.

Representatives from Argentina, Australia, Brazil, Chile, Germany, New Zealand, the United Kingdom and the United States are coming to the conference.

Bond said while any potential program would have to be tailored to the individual country, there is a lot to share here.

"What is common in many places around the world is compassion that lives in communities. I really think there are caring people all over the world who recognize the tragedy that is happening," she said.

She said with that base a private sponsorship program could be tailored for any one of these countries.

"It's not about taking Canada's model and just plunking it somewhere else, it's very much about taking the expertise that Canada has to offer," she said.

Bond said while some politicians around the world have had negative things to say about refugee resettlement, it's nice to see so many countries interested in the Canadian model.

"In a space that does feel a little bit dark these days this initiative does offer some hope," she said.

The initiative is led by the government of Canada, but also has participation from the University of Ottawa, the United Nations High Commission for Refugees and several foundations.

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UN calls situation in Aleppo 'very critical'

SYRIA

Ban Ki-moon warns against 'atrocities'

United Nations secretary-general Ban Ki-moon has expressed alarm over "atrocities against a large number of civilians, including women and children, in recent hours in Aleppo."

Syrian rebels retreated from former strongholds in eastern Aleppo in a "terrifying" collapse Monday, holding onto a small sliver of territory packed with fighters and thousands of civilians as government troops pressed on with their rapid advance.

The Syrian military said it had gained control of 99 per cent of the former opposition enclave in eastern Aleppo, signalling an impending end to the rebels' four-year hold over parts of the city as the final hours of battle played out.

"The situation is very, very critical," said Ibrahim al-Haj of the Syrian Civil Defence, volunteer first responders who operate in rebel-held areas. He said he was seeking shelter for himself and his family, fearing clashes or capture by the government.

Retaking Aleppo, which has been divided between rebel- and government-controlled zones since 2012, would be President Bashar Assad's biggest victory in the country's civil war. But it does not end the conflict: Significant parts of Syria are still outside government control and huge swaths of the country are a devastated waste-land.

Ban urged all parties on the ground "to protect civilians and abide by international humanitarian and human rights law."

On Sunday, Daesh re-occupied the ancient town of Palmyra, taking advantage of the Syrian army and its Russian backers' preoccupation with the fighting in Aleppo. Daesh's recapture of Palmyra nine months after it was retaken by Syrian government and Russian troops led to mutual recriminations between the West and Moscow. METRO WITH FILES FROM THE ASSOCIATED PRESS

Syrians flee towards safer areas in Aleppo on Monday during government forces' efforts to retake the city. AFP/GETTY IMAGES

NEW CHIEF

Former Portuguese PM Antonio Guterres was sworn in Monday as secretary-general of the United Nations. He takes over from Ban Ki-moon Jan. 1.

GLOBAL DIGEST

TENNESSEE

Terminally ill 5-year-old boy dies in Santa's arms

A Tennessee Santa Claus says a terminally ill 5-year-old boy died in his arms after he gave the child a present in the hospital.

The Knoxville News-Sentinel reports Eric Schmitt-Matzen, who does about 80 events a year as Santa, was asked a few weeks ago to visit the dying boy.

Schmitt-Matzen says he gave the child a toy. He says the boy gave him a big hug, asked "Santa, can you help me?" and died in his arms.

Schmitt-Matzen says it took him days to recover, but he's continuing to play Santa.

The News-Sentinel report didn't include details on the boy or the hospital. Schmitt-Matzen didn't immediately respond to requests for comment.

THE ASSOCIATED PRESS

VENEZUELA

Government seizes 4 million toys to give to poor children

Venezuela's socialist government has seized nearly 4 million toys from a private company and says it will hand them out as Christmas gifts to poor children this holiday season.

The country's fair pricing authority seized the toys Friday from three warehouses run by Kreisel, Venezuela's largest toy distributor. Two company executives were detained on suspicion of promoting price speculation.

Agency director William Contreras alleged that Kreisel under-reported its inventory in order to sell some toys at higher prices. Kreisel has not commented officially beyond responding to Twitter messages of support.

Authorities said local supply committees will be in charge of distributing the toys "fairly" to children.

THE ASSOCIATED PRESS

TURKEY

Hundreds arrested after bombings

Turkish authorities arrested more than 200 people Monday following suicide bombings near an Istanbul stadium that killed 44 people. The arrests primarily targeted members of a Kurdish political party that already was a focus of a crackdown.

Saturday's attack, which a radical Kurdish group claimed as an act of revenge for state violence against the ethnic minority in the southeast, was the deadliest to hit Istanbul this year.

Authorities blamed the Kurdistan Workers' Party, or PKK. An offshoot of the movement claimed responsibility for the attack on a website blocked in Turkey. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, December 13, 2016

CHANTAL HÉBERT ON TRUDEAU'S YEAR-END PRESSER

It can't have come as a surprise to the prime minister that while he was asked what he regretted about his first full year in office, he was not queried about what he believes were his successes.

Justin Trudeau would not be human if he had not wished the year-end news conference he gave on Monday on Parliament Hill to provide him — in the spirit of the upcoming holiday season — with an opportunity to celebrate the many missions he believes his government accomplished in 2016.

But he would not be where he is today if he still believed in Santa Claus. And so it can't have come as a surprise to the prime minister that while he was asked what, if anything, he regretted most about his first full year in office, he was not similarly queried about what he believes was his greatest success.

For the record, Trudeau said the execution in the Philippines of two Canadians held hostage for ransom by Islamic extremists had made for his darkest hours as prime minister. A less introvert Stephen Harper would have answered along the same lines. The responsibility to make life-and-death decisions is one that no prime minister takes lightly.

On the plus side, Trudeau might have liked to bask a little longer in the afterglow of the climate pact ratified Friday by 11 of Canada's 13 provincial and territorial governments. After all, when Canada signed the Paris climate accord a year ago, many commentators doubted the capacity of the rookie government to do the heavy lifting required to translate talk into concerted federal-provincial action.

The Liberals have seemed both blindsided by and blind to the perception that the PM is being elastic in his interpretation of his own ethical rules.

IN A REFLECTIVE MOOD Prime Minister Justin Trudeau speaks at his year-in-review press conference at the National Press Theatre in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

But it is the nature of politics that one crisis chases another and so three items of unfinished but time-sensitive business took precedence:

1) More so than climate change, health-care funding has been an apple of discord between Trudeau and the premiers. It was initially Harper who decreed that as of next year the annual increase of the federal health transfer would fall to 3 per cent from 6 per cent. Ever since Trudeau made that Conservative decision his own, the provinces have been crying foul.

The issue was the main topic of the dinner Trudeau hosted for the premiers Friday night. On Monday, the prime minister said he expected a resolution of the matter before the holidays. The relative radio silence that has attended the aftermath of the first ministers' dinner suggests a compromise designed to allow everyone to save face is in the works.

2) On electoral reform and Trudeau's promise of a new voting system in time for the 2019 election, the Liberals have ended up tangled in a web of their own weaving. Monday, the prime minister professed excitement about the ongoing government's online consultation — the one that almost everyone else has talked about for the wrong reasons. The exercise's main claim to fame is to have inspired parodies in both official languages.

Over the past six months, much of the intellectual energy of the top levels of the government has been focused on the dual issues of pipelines and climate change — at some cost to lesser files. If there is a point to Trudeau's latest contribution to this comedy of errors, it may be to buy the Liberals time so as to regroup and figure out where to go from the current electoral reform quagmire between now and when the House resumes in late January.

3) Political financing, finally, was never meant to be on the Liberal radar and its appearance has not been good news for the government. It has seemed both blindsided by and blind to the widespread public perception that the prime minister is being elastic in his interpretation of his own ethical rules when he allows his party to trade access to himself and his cabinet for donations.

Based on Trudeau's news conference, that blindness starts at the very top. On Monday, the prime minister said donors did use the access their money bought to lobby him but that it had no impact on his decisions. He compared chatting with donors at exclusive private events to the hosts of closed-doors meetings he holds with municipal politicians and/or community organizations.

Trudeau sees a parallel between the discussions he has with representatives of other levels of governments, such as the premiers he spent the day with on Friday and well-heeled contributors to his party's coffers. At this rate, he will soon be reassuring his provincial counterparts that he does not hold it against them that they get to spend quality time with him free of charge. After all, time is money in Liberal land.

Chantal Hébert is a national affairs writer.

Vancouver should make culture a pillar of sustainability

CITY HOLLER
Trish Kelly

Tonight is city council's last meeting before the holidays, and they'll spend a good chunk of time focused on the year to come.

They'll review the operating budget and mind-numbing subjects like incremental increases in water fees and sewage fees we pay to our regional government. But towards the end of the meeting, a notice on motion will be discussed that could become a New Year's resolution of sorts for our city.

Elizabeth Ball, with the support of her fellow NPA councillor Melissa De Genova, will try to convince the Vision-dominated council to make culture a fourth pillar of sustainable development for Vancouver.

The idea is one that Toronto and Montreal have already adopted in an effort to give culture an equal consideration alongside economic, environmental and social sustainability. The idea comes from an international association called United Cities and Local Governments, which adopted the concept a decade ago.

While governments often hitch arts and culture together, culture can mean a lot more than theatre festivals, ballet and concerts. In the Vancouver's culture plan that launched in 2008, culture is defined as "the expression and celebration of the values and aspirations of a community, country or group." That's pretty big stuff. We might ask which Vancouverites feel their values and aspirations are celebrated and which don't. We could ensure each community that makes up this city knows they belong.

If we considered culture as a pillar in sustainable city-making, we wouldn't allow glass towers that stack and isolate residents, even if the building was energy efficient. We'd make an effort to name things like streets and parks in a way that recognizes what they were called before European settlers named everything after governors or their daughters. And when deciding what to do with the land under the viaducts, we'd not only consider translating the content of open houses into another language, but into as many languages as necessary to enable all residents to weigh in as informed citizens.

Actually, Elizabeth Ball's motion is quite a can of worms. The idea of culture as a fundamental principle of sustainable development is the kind of big, audacious goal a mayor could campaign on.

Gregor Robertson has hung his hat on the bold goal of making this the greenest city in the world by 2020. He's gone to great lengths and served multiple terms to make that goal more than a tagline. He's changed the DNA of our city in the process. Ball's audacious idea would be an interesting mandate for someone to run on. If she doesn't try in 2018, I think someone else should.

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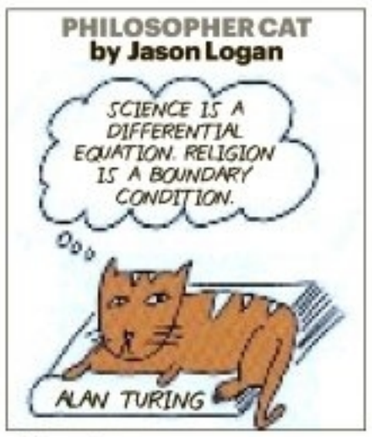

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metro LIFE

Your essential daily news

Tuesday, December 13, 2016

Far too many people in television provide a safe space for politicians instead of pushing back and saying 'you didn't answer this question.'
CNN's Jake Tapper is making it his signature to show pit bull-like tendencies when an interview subject avoids a question.

Neuroscience explains why we fall

Elderly are at risk when their brains work especially hard during ordinary tasks, new research finds

Subtle changes in older people's brain activity may increase the risk of falls by as much as 32 per cent, according to a new medical research paper. ISTOCK

Genna Buck
Metro Canada

Vivian Kong knows first-hand how an elderly person's world can shrink after a serious fall.

Her grandfather has been using a cane since he slipped in a parking lot several years back, but it was his latest fall, about two years ago, that really affected his independence.

"He now lives in assisted living — he had his own apartment for years — doesn't use transit anymore, and because doctors don't know why his most recent fall happened, he now owns a scooter and uses a cane," says Kong, 26, of Toronto.

Falls affect one in three Canadians over 65 every year, account for more seniors' hospitalizations than any other injury, and cost about $2 billion annually, according to the Public Health Agency of Canada.

A new study has shed some light on why so many of those falls, like Kong's grandfather's, go unexplained.

Subtle changes in older people's brain activity — impossible to measure directly without expensive imaging equipment — may increase the risk of falls by as much as 32 per cent, according to a new paper in the journal Neurology.

And the changes begin years before doctors and family members can spot any outward signs of trouble.

The 166 seniors (average age 75) in the study had no disabilities, dementia or gait problems. They were hooked up to a machine that monitored activity of the prefrontal cortex; the decision-making part of the brain.

Then they were asked to do tasks such as walking and reciting every other letter of the alphabet at the same time.

The people whose brains were working especially hard during that particular task, possibly to compensate for mild cognitive decline, were much more likely to suffer a fall over the next four years. The result remained even after researchers controlled for other risk factors.

These findings are important because care providers could be missing some people who are at risk, said Matt Aymar, knowledge translation coordinator at the injury-prevention organization Parachute.

"My initial reaction was wow," Aymar said. "Here is a warning sign, and it's coming a little earlier down the road."

"Because doctors don't know why his most recent fall happened, he now owns a scooter and uses a cane.
Vivian Kong, 26, whose grandfather now lives in assisted living after a bad fall

Someone who can pass a typical screening test with ease — get out of a chair, walk three meters, turn around and walk back with a normal gait — might be "using more brain than their friends" to do it, Aymar said.

More research is needed to learn the underlying causes of falls, so new interventions can be designed, he added. "We could really benefit from more prevention. It will save society a lot of money and give older adults vitality they deserve as much as anybody else."

A fall, especially accompanied by a broken hip, is often the "slippery slope" to a steep decline, Aymar said.

According to Hamilton, Ont. occupational therapist Kayla McDowell, "Sometimes something as simple as a fall in the bathroom can really devastate someone's world."

"Adult children who work full-time and have families are often relied upon to pick up pieces like meal prep, laundry, and, depending on the severity of the injury from the fall, even things like toileting. This puts a lot of pressure on families and individuals," she said.

Kong's family has been relatively lucky in that regard.

"(My grandfather's) English isn't very good, so there are limited (medical) resources, but he's still pretty independent. He goes out with seniors' groups, and finds Chinese-speaking taxi drivers to take him places. He just moves a lot more slowly and my parents fuss over him a lot more."

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Cleveland Cavaliers' LeBron James, shown with his daughter Zhurie, is backing an HBO doc on Muhammad Ali. AP FILE PHOTO

LeBron James backs Ali doc

TELEVISION

Basketball star exec produces multi-part film on boxing icon

King James is set to tell the story of The Greatest.

Cleveland Cavaliers star LeBron James will be the executive producer of an HBO documentary on Muhammad Ali, who died earlier this year. The as-yet-untitled film will be directed by Antoine Fuqua, who also helmed the boxing drama Southpaw and Training Day. Fuqua will also produce.

James has been a longtime admirer of Ali, the boxing great and social activist. James recently pledged a $2.5 donation to a new exhibit on Ali at the Smithsonian Institution.

"He transcended sports and used his platform to empower people, which paved the way for all athletes and people of every race and gender that came after him, myself included," he said. James' SpringHill Entertainment, which he co-founded with business partner and close friend Maverick Carter, will produce the multipart film. HBO says the documentary will "explore Ali's greatest triumphs and comebacks, painting an intimate portrait of a man who, against all odds, dreamed and achieved the impossible, over and over again."

HBO said it will combine archival footage with cinematic recreations to tell Ali's story.

Ali died June 3 at the age of 74.

THE ASSOCIATED PRESS

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12 days of giving

What would you do with an extra $150 in your pocket at this time of year? Buy a well-deserved gift for yourself? Treat the kids to a day of snowboarding? Thanks to RBC, youth across the country are happily giving that $150 away.

Inspired by the ideas select young Canadians came up with for RBC's #Make150Count campaign, RBC has created the 12 Days of Giving. #Make150Count — a nod to Canada's big birthday next year — offers youth between ages 16 and 25 $150 to make a difference in their communities.

Since the campaign launched in October, young Canadians have come up with hundreds of inspirational ideas and acted upon them, says Mary DePaoli, RBC's chief brand and communications officer. She mentions one young girl, Melissa, a patient at SickKids, who used her $150 to buy games and books for the waiting room in the oncology department. Melissa's dad matched the $150 so she could buy additional Tim Hortons gift cards for parents of newly diagnosed cancer patients.

Another participant, Harleen, handed out flowers and kind notes to strangers around her University of Victoria campus. Janine from Edmonton filled up five large shoe boxes with toys, books and personal care items to be sent to kids in underprivileged parts of the world. Torontonian Jai used the money to make gift bags for the homeless, filled with scarves, hats, mitts and socks with a handwritten note wishing them happy holidays. And Ryan from Halifax treated three teens from the Mi'kmaw Native Friendship Centre to a day of surfing lessons, building confidence and friendships.

Beginning today and throughout the next 12 Days of Giving, RBC will be using Twitter, Facebook and Instagram to share some of these inspirational stories from the #Make150Count recipients. Search #Make150Count to see a new one each day.

RBC hopes these ideas will encourage others to give, share and provide comfort this holiday season. "This campaign taps into the goodness within all of us and proves that when we invest in youth, great things can happen," says DePaoli.

Tell us how you will #Make150Count and give back over the holidays, and stay tuned for a special celebration of the projects and people on Canada Day.

In the meantime, RBC is thrilled to see young Canadians doing so much to help their communities prosper, as well as inspiring young and old during the holidays.

How to get started

To kick off the 12 Days of Giving, here are a few suggestions to get started:

- *Perform a random act of kindness*
- *Help the homeless*
- *Give the gift of adventure*
- *Donate to a charity*
- *Collect essential items for a food bank*
- *Organize a community gathering or activity*
- *Pay it forward*
- *Spend time with a senior*
- *Volunteer at a local animal shelter*
- *Recognize someone in your community*
- *Act locally, live globally*
- *Lend a helping hand*

Harleen in B.C. shows her participation in the #Make150Count campaign. CONTRIBUTED

La La Land struts into awards season

NOMINATIONS

Musical leads way with seven Golden Globe nominations

Damien Chazelle's Los Angeles musical La La Land sang and danced its way to a leading seven Golden Globes nominations, with Barry Jenkins' celebrated coming-of-age tale Moonlight close on its heels with six nods.

La La Land earned nominations for its lead actors, Emma Stone and Ryan Gosling, as well best picture, comedy or musical. The film also scored nominations for directing, screenplay, score and original song in the nominations announced Monday in Los Angeles by the Hollywood Foreign Press Assocation.

Moonlight led the field in the dramatic categories, including best picture. It earned nods for Jenkins' directing and script, supporting actor favourite Mahershala Ali and supporting actress Naomie Harris.

Emma Stone has already won a raft of film awards for her leading role in Los Angeles musical La La Land. CONTRIBUTED

The other nominees for best picture, drama, were Manchester by the Sea, Lion, Hell or High Water and Mel Gibson's Hacksaw Ridge.

The film nominations also verified that this year's awards season isn't nearly so white as last year's. Along with Moonlight, nominations were heaped on Denzel Washington's August Wilson adaptation Fences (including acting nods for Washington and Viola Davis) and the interracial marriage drama Loving (leads Ruth Negga and Joel Edgerton were each nominated).

Ryan Reynolds joined fellow Canadian Gosling in the actor, musical or comedy category for his leading role in R-rated Marvel hit Deadpool.

In a sign of Hollywood's increasing dichotomy between mega blockbusters and smaller independent films, the lead nominee getters were overwhelmingly independent. Lionsgate led the way with 10 nods thanks largely to La La Land.

The indie outfit A24, producer of Moonlight, followed with nine. Amazon Studios, which is distributing Manchester by the Sea, outranked goliaths like the Walt Disney Co. (three) and Warner Bros. (just one).

THE ASSOCIATED PRESS

CELEBS FOR A CAUSE

Reynolds salutes SickKids

Canadian actor Ryan Reynolds dedicated his award at the 22nd annual Critics' Choice Awards to the Toronto's SickKids Foundation and Make-a-Wish foundation.

"Deadpool was an 11-year-odyssey for me," said Reynolds. "The character had cancer and some of the people that this character resonated with were sick kids. So I would like to dedicate this honour to Make-a-Wish foundation and the SickKids Foundation of Toronto."

Reynolds dedicated his award in memory of two children, Connor McGrath and Grace Bowen (pictured). "They didn't lose the battle...they started a fight." TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Don't break live musical's magic spell — just let it spray

THE SHOW: Hairspray Live! (NBC/City)
THE MOMENT: "I Know Where I've Been"

Jennifer Hudson as motormouth Maybelle. JUSTIN LUBIN/NBC

In 1962 Baltimore, teenagers love the American Bandstand-like Corny Collins Show, but only white kids can appear on it. Tracy Turnblad (Maddie Baillio) wants to integrate it, but some kids at Motormouth Maybelle's (Jennifer Hudson) record shop question her intentions.

"Tracy, was it about being famous?" Maybelle asks. "Was it about the boy? The dancing?"

"It was about dancing together," Tracy says. "I think it's wrong when we can't."

"Children. My children," Maybelle says. "What do we do when something is wrong? We fix it."

She launches into an impassioned anthem about the fight for equality: "There's a road we've been traveling/Lost so many on the way…There's a dream in the future/There's a struggle yet to win…But I know where I'm going/And I know where I've been."

This is the emotional high point of the musical, and it's a good one.

In Hudson's American Idol days, she was a screamer, but she has more control now, and she can really belt. Hearing her sing live gave the number an extra urgency.

But as the lump was rising in my throat, the production cut away: to the crowd watching; to the inane commentary of the host; to the actors scurrying to their next set.

Live TV is a hoot, and these musicals have quickly become a welcome holiday tradition. But the behind-the-scenes hijinks are too disruptive. I wish the producers would cut together a cute "Here's how they did it" featurette to run after the curtain calls, instead of ruining the magic they've just made.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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No purchase necessary. Skill testing question required. Contest open to residents of Ontario, British Columbia, Alberta, Manitoba, and Nova Scotia who have attained the age of majority as of the start of the Contest Period. One prize is available to be won, consisting of a trip for two people to Los Angeles, California. ARV of prize is $3,500 CAD. The Contest Period begins at 12PM ET on December 5, 2016 and ends at 9am ET on December 27, 2016. For entry details and complete contest rules, visit http://wonderlist.ca/2016/12/lalaland/lalaland_rules.html.

SHOP YOUR TEAM!
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HAVE A CHEESY HOLIDAY

Four easy, cheesy appetizers you can whip up in only 20 minutes or less

At its best, the holiday season is a chance to get together with friends and family. And at many of those shindigs, bite-sized holiday nibblies will be the star of the show. You may find the thought of crafting countless individual appetizers overwhelming — but it doesn't have to be all that time-consuming.

Here are four festive and indulgent holiday apps you can easily throw together in the time it takes to get to the grocery store.

1. Baked Brie with cranberry sauce
Start with a round of Canadian Brie on an oven-proof dish. Top with a mixture of ¼ cup (60 mL) dried cranberries, ¼ cup (60 mL) halved pecans, 2 tbsp. (30 mL) honey and 1 tbsp (15 mL) of minced orange zest. Heat in 400°F (200°C) oven for seven to 10 minutes. Serve, warm and melting, with fresh baguette.

2. Bocconcini-tomato kebabs
Using small bamboo skewers, alternate grape tomatoes, fresh basil leaves, and small balls of Canadian Bocconcini. Sprinkle with sea salt and freshly ground black pepper and drizzle with balsamic reduction.

CONTRIBUTED

3. Blue Cheese stuffed mushrooms
Remove mushroom stems and place caps in a baking dish. Stuff with clumps of Canadian Blue Cheese, sprinkle with bread crumbs and bake in the oven at 425°F (220°C) for five to seven minutes. Sprinkle with fresh thyme and drizzle lightly with balsamic reduction before serving.

4. Warm and cheesy artichoke dip
In a food processor, coarsely blend one 14-oz. (414-mL) tin of artichoke hearts (drained), 1 cup (250 mL) of mayonnaise, 1 cup (250 mL) of grated Canadian Parmesan, a dash of Tabasco and a dash of Worcestershire sauce. Transfer to oven-proof dish and bake at 400°F (200°C) for about 15 minutes, until hot and bubbling. Serve with crackers.

B.C. cheeses a locavore's delight

Vancouverites have a long history as locavores – it's already been a decade since Vancouver residents Alisa Smith and J.B. Mackinnon penned The 100-Mile Diet: A year of eating local. Luckily for dairy lovers, British Columbia's fine fields and pastures and plentiful supply of fresh 100 per cent Canadian, free of artificial growth hormones cow's milk provides fodder for a burgeoning number of fine, locally made cheeses. The province's major cheese-producing areas include the Fraser Valley, Vancouver Island and environs, the Okanagan Valley and the Kootenay region.

Get a Taste of Canadian Cheese
December 17 – 18
Come experience our life-sized snow globe in Stanley Park, near the Bright Nights Christmas Train Plaza.
BRITISH COLUMBIA
Dairy Farmers of Canada
all you need is cheese

metro SPORTS

The NHL's best team so far in one-goal games? The surging Calgary Flames, who boast a 10-1-2 mark

Thursday night can't come soon enough for Seahawks

NFL

Seattle eager to exorcise demons from blowout loss

If there was ever a perfect week for a Thursday night game to land on the Seattle Seahawks schedule, this would be that week.

Head coach Pete Carroll wanted to forget about Sunday's thumping at the hands of Green Bay as quickly as possible.

"It absolutely feels like that. That was the sense we had in the locker-room. That's exactly the thought and we're kind of happy to have it come," Carroll said Monday. "Both teams are at the disadvantage of the short week, so we compete every step of the way to get on track as fast as we can to put together a great game plan. There's no time. We don't get to sit on what happened one way or another, win or lose, and we have to turn it."

Carroll and his staff were already beyond the 38-10 loss to Green Bay and immediately turning the focus to Thursday's game against Los Angeles. There was no other option, especially with what's at stake for the Seahawks.

A win over the Rams will give Seattle its third NFC West title in the last four years and assure at least one home game during the playoffs. But the loss to Green Bay took away the Seahawks' control of the No. 2 seed in the NFC and a potential first-round bye. Seattle now needs to win out and have Detroit lose at least once to earn a week off in the post-season.

The bigger picture is secondary at this point. There were too many issues that surfaced against Green Bay that need to be addressed immediately, and none bigger than the awful performance by quarterback Russell Wilson and his five interceptions.

Seahawks quarterback Russell Wilson had a rough game against Dean Lowry and the Packers defence on Sunday in Green Bay.

DYLAN BUELL/GETTY IMAGES

ROAD RASH

Sunday's loss dropped Seattle to 2-4-1 on the road, ensuring the Seahawks a losing road record at season's end.

"The ball didn't go right for us. We overthrew a couple times when guys were open, when balls got knocked around they went right to them," Carroll said. "They did a great job to make their picks and control the football game. When you turn the ball over like that, nothing feels right and you don't have a chance to get anything accomplished."

Wilson wasn't completely at fault for all five of the interceptions, with two bouncing off receivers and into the arms of Green Bay defenders. But it was an unexpectedly bad game from a quarterback who has made a priority of being precise with the ball. The only other time Wilson has thrown more than three interceptions in a game also came against the Packers in the NFC championship game.

THE ASSOCIATED PRESS

IN BRIEF

Ronaldo named best soccer player in the world

Cristiano Ronaldo was voted the best player in the world for a fourth time Monday, taking home the Ballon d'Or award in a year in which he led Portugal to its first European Championship title and Real Madrid to another Champions League trophy.

It is Ronaldo's third Ballon d'Or award. He won the FIFA player of the year award in 2008 while still playing for Manchester United. THE ASSOCIATED PRESS

Whitecaps leave Barnes exposed in expansion draft

Montreal Impact captain Patrice Bernier, Toronto FC goalkeeper Clint Irwin and Vancouver striker Giles Barnes were among players left unprotected for Tuesday's MLS expansion draft.

Atlanta United and Minnesota United FC will be able to take up five players each, but the existing 20 teams can each only lose one player.

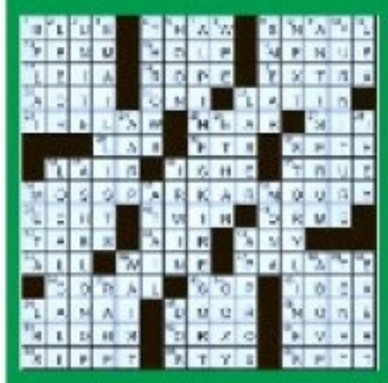
THE CANADIAN PRESS

Supreme Court secures NFL's $1B concussion pact

The U.S. Supreme Court on Monday rejected challenges to the estimated $1-billion plan by the NFL to settle thousands of concussion lawsuits filed by former players, clearing the way for payouts to begin to those who have been diagnosed with brain injuries linked to repeated concussions.

THE ASSOCIATED PRESS

PLAY Yesterday's Answers
from your daily crossword and Sudoku



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5	3	7	2	9	1	4	6	8
6	4	2	8	3	7	1	5	9
9	5	6	1	2	8	3	4	7
1	8	4	7	5	3	2	9	6
7	2	3	6	4	9	8	1	5
2	9	5	3	8	4	6	7	1
4	7	8	5	1	6	9	3	2
3	6	1	9	7	2	5	8	4

for more fun and games go to metronews.ca/games

MAKE IT TONIGHT

Harmonious Roasted Chicken and Grapes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You might find this combination unexpected but we promise you'll love pairing of sweet grapes with shallots and garlic.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

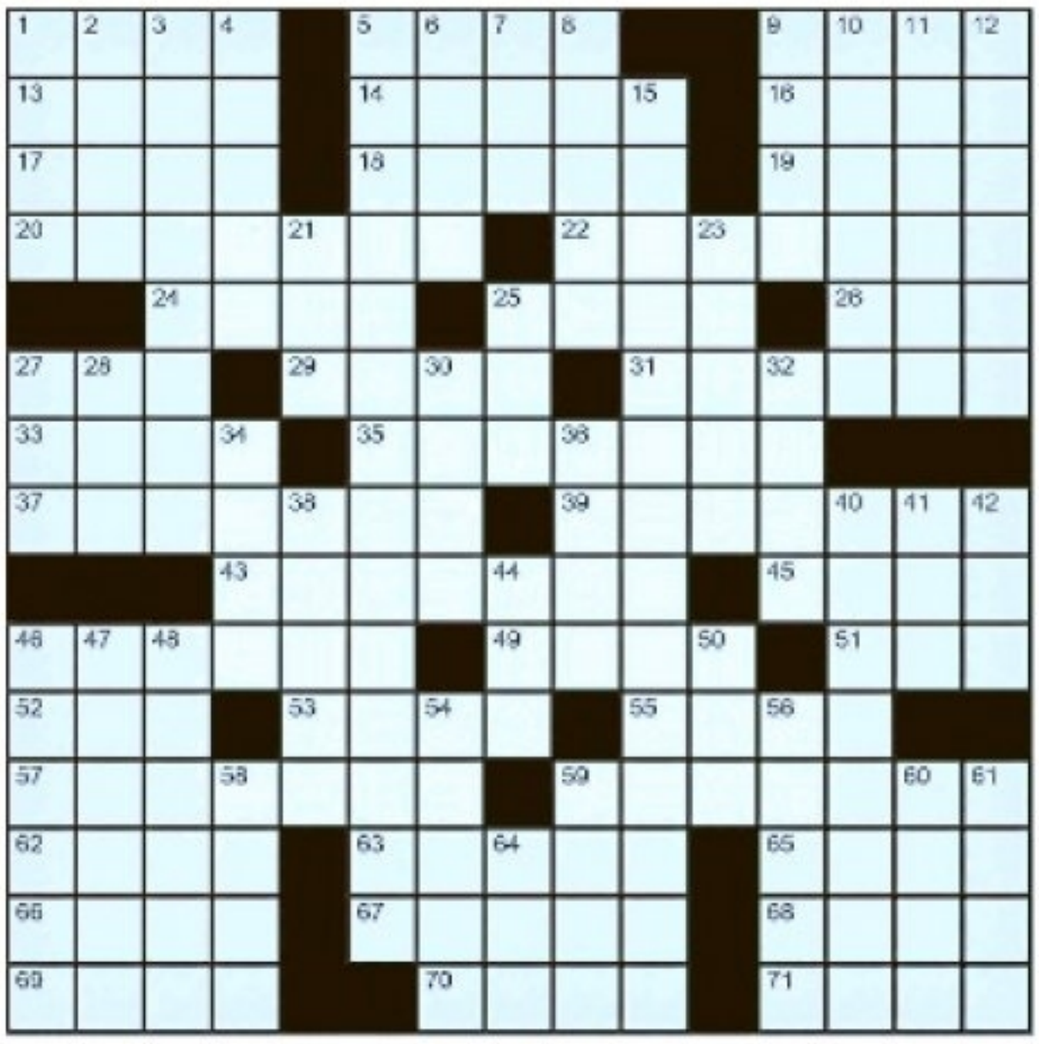
Ingredients
- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions
1. Preheat the oven to 400 degrees.
2. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't worry about cooking through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a clean plate.
3. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook about 3 minutes until they soften. Add grapes, stock, vinegar, sugar and thyme and stir. Allow the sauce to begin to simmer.
4. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes. Serve over cous cous, mashed potatoes or polenta.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cleanser brand, _ and Span
5. Lip _
9. Prescriptions, commonly
13. Faux pas
14. Tragically Hip's "_ by a Century"
16. Handling the matter: 2 wds.
17. Boot
18. Herman's Hermits singer Peter
19. Jason's craft
20. Marxist revolutionary (b.1879 - d.1940) exiled by Stalin
22. Audience's highest showing of appreciation
24. Shark variety
25. Crossword component
26. Prompt in acting
27. Criticize
29. Questionable
31. _! Camera! Action!
33. Nero's 8
35. Reacts to the sniffing salts: 2 wds.
37. Loud noisiness, States-style
39. Most extensive
43. Is in need of repair
45. Ins and _
46. Relay knowledge
49. Jealousy
51. Wee woofer
52. 19th Greek alphabet letter
53. Twisted
55. Vow
57. "Vikings" airer, The _ Channel
59. Groups of fish
62. Moreover
63. Ms. Hall of ABC daytime show "The Chew"
65. _ Mountains (Range in Russia)
66. Spelled-out grades
67. "The Untouchables" role, _ Ness
68. Early helicopter
69. Increases
70. Superior at a French monastery
71. Door fastener

DOWN
1. Prude
2. Really rain
3. Getting a good night's sleep inability
4. Terra's pot tailer
5. CIBC = Canadian Imperial _ _ _
6. Holler at the harbour!
7. Roaring sign
8. Lord's house
9. Castle defence
10. Fortify the food
11. Do this after a big Winter storm: 2 wds.
12. Rocks
15. 1997 Keanu Reeves thriller co-starring Al Pacino: 2 wds.
21. Schuss
23. Mine entrances
25. Exerciser's club
27. Piping stuff, commonly
28. Feel awful
30. _ _ song (Cheaply)
32. Attend: 2 wds.
34. _-European (Language family)
36. Flush
38. Screen legend Greta
40. Super joyfulness
41. After-R trio
42. Sugar amt.
44. Comprehend
46. Home of Odysseus
47. Used a hammer
48. Was a mother hen
50. Cry of impatience!
54. Spiral-horned antelope
56. Sturdy
58. Chuck
59. Neatnik opposite
60. Metallica drummer Mr. Ulrich
61. Swill
64. Chest bone

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your daily routine will change today. Expect to meet new faces and see new places. Avoid arguments with others, which might occur because of today's Full Moon.

Taurus April 21 - May 21
Disputes about money and possessions are likely because of the full moon. Keep an eye on your possessions and finances. Be careful not to lose something.

Gemini May 22 - June 21
Today, the only full moon in your sign all year is happening. This can create stress with partners and close friends. It's a jumpy, unpredictable day!

Cancer June 22 - July 23
You feel restless today because of the full moon. (The moon is your ruler.) Stay calm and carry on.

Leo July 24 - Aug. 23
Conflict with friends might occur today because of the full moon's energy. But they also might occur because someone throws you a curveball or does something you don't expect.

Virgo Aug. 24 - Sept. 23
This is a tough full moon for you. You feel pulled between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Libra Sept. 24 - Oct. 23
Be careful, because this is an accident-prone day. Obviously, an accident doesn't need to happen, but it does mean you have to be more aware and mindful. Keep your eyes open.

Scorpio Oct. 24 - Nov. 22
Financial disputes and money problems might occur because of the full moon today. This might include arguments about cash or something that you own. Be patient.

Sagittarius Nov. 23 - Dec. 21
Today, the only full moon all year that is opposite your sign is taking place. This might introduce tension and conflict with partners and close friends. Have patience.

Capricorn Dec. 22 - Jan. 20
Be patient with co-workers today, because everyone can feel the Full Moon's energy. This tends to make people feel excitable and inclined to overreact.

Aquarius Jan. 21 - Feb. 19
Be patient with kids today, and likewise, be patient with your friends or members of groups. People are inclined to be touchy today and even tomorrow because of the full moon.

Pisces
Feb. 20 - March 20
This is a poor day to try to keep everyone happy, especially bosses, parents, VIPs, your family and your job. It's all too much! Just do what you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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